December 2014 **Diabetes Program's Group Exercise Classes** Salt River Fitness Center & Salt River High School 10005 E. Osborn Rd, Scottsdale AZ 85256 Ph: 480-362-7320 (SR Fitness Center)/Ph: 480-362-7324 (Diabetes Program) Monday Tuesday Wednesday Thursday Friday 6:15am-7:00am 12:05pm-12:50pm 12:05pm-12:50pm 6:15am-7:00am 12:05pm-12:50pm Spinning® w/Beverly Spinning® w/Rachel Core/Functional Training HIIT Circuit w/Michelle Spinning® w/Beverly w/Braxton 5:30pm-6:30pm 9:30am-10:00am 2:00pm-3:00pm 9:30am-10:00am 2:00pm-3:00pm **YS EEP MOUSERCISE** Journey to Recovery's YOGA **YS EEP MOUSERCISE** Zumba® w/Rachel \*Private Class\* Journey to Recovery's YOGA \*Private Class\* 11:05am-11:50am SALT RIVER FITNESS CENTER 5:30pm-6:30pm Spinning® w/Beverly **CLOSED** Salt River High School Zumba® w/Rachel 11:00am-2:30pm Band room 12:05pm-12:50pm \*Staff attending Employee Step & Pump w/Rachel 3:30pm-4:15pm Circuit Training w/Michelle Luncheon\* Salt River High School Fitness Center 5:30pm-6:30pm Band room reopen 2:30 pm Zumba® w/Annie 3:30pm-4:15pm HIIT w/Rachel Salt River High School 6:30pm-7:30pm Band room Senior Dance Class 55+ 4:00pm-5:00pm 3:30pm-4:15pm w/Roberta J. Core/Functional Training Cardio Mix w/Rachel w/Braxton 5:30pm-6:30pm 5:30pm-6:30pm Spinning® w/Rachel Spinning® & Abs w/Michelle 10 8 12:05pm-12:50pm 6:15am-7:00am 12:05pm-12:50pm 6:15am-7:00am 12:05pm-12:50pm HIIT Circuit w/Michelle Spinning® w/Rachel Spinning® w/Beverly Core/Functional Training Spinning® w/Beverly w/Braxton 9:30am-10:00am 2:00pm-3:00pm 9:30am-10:00am 5:30pm-6:30pm YS EEP MOUSERCISE Journey to Recovery's YOGA **YS EEP MOUSERCISE** 2:00pm-3:00pm Zumba® w/Rachel Journey to Recovery's YOGA \*Private Class\* \*Private Class\* 11:05am-11:50am 12:05pm-12:50pm Total Body Conditioning w/Dion 5:30pm-6:30pm Spinning® w/Beverly Salt River High School Zumba® w/Rachel Salt River High School Band room 12:05pm-12:50pm Band room Step & Pump w/Rachel 3:30pm-4:15pm 6:40pm-7:25pm 3:30pm-4:15pm Iron Flow Yoga w/Rachel Circuit Training w/Michelle Cardio Kickboxing w/Rachel Salt River High School Band room 5:30pm-6:30pm Zumba® w/Annie 3:30pm-4:15pm 5:30pm-6:30pm Abs, Gluts, Thighs w/Rachel Spinning® w/Rachel 4:00pm-5:00pm Core/Functional Training w/Braxton



15

12:05pm-12:50pm

Core/Functional Training

w/Braxton

2:00pm-3:00pm

Journey to Recovery's YOGA

\*Private Class\*

Salt River High School

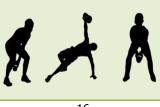
Band room

3:30pm-4:15pm

Circuit Training w/Michelle

5:30pm-6:30pm Zumba® w/Annie





6:15am-7:00am

Spinning® w/Rachel

9:30am-10:00am

YS EEP MOUSERCISE

12:05pm-12:50pm

Total Body Conditioning w/Dion

Band room

3:30pm-4:15pm

Zumba® w/Rachel

5:30pm-6:30pm

Spinning® w/Rachel





12:05pm-12:50pm

HIIT Circuit w/Michelle 2:00pm-3:00pm Journey to Recovery's YOGA \*Private Class\*

Zumba® Salt River High School Winter Wonderland w/Rachel & Annie



**YS EEP MOUSERCISE** 11:00am-12:00pm 5:30pm-7:00pm **Fitness Center CLOSED** 

**Health Service's Monthly Meeting** 12:05pm-12:50pm Step & Pump w/Rachel Salt River High School

5:30pm-6:30pm Spinning® & Abs w/Michelle

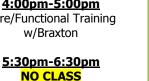
6:15am-7:00am

Spinning® w/Beverly

9:30am-10:00am

Band room 3:30pm-4:15pm Iron Flow Yoga w/Rachel

4:00pm-5:00pm Core/Functional Training w/Braxton



12

19 12:05pm-12:50pm Spinning® w/Beverly

5:30pm-6:30pm Zumba® w/Rachel



22 12:05pm-12:50pm Core/Functional Training w/Braxton

2:00pm-3:00pm Journey to Recovery's YOGA \*Private Class\*

> Salt River High School Band room 3:30pm-4:15pm NO CLASS

5:30pm-6:30pm NO CLASS

23 6:15am-7:00am Spinning® w/Rachel

9:30am-10:00am **YS EEP MOUSERCISE** 

12:05pm-12:50pm Total Body Conditioning w/Dion

> Band room 3:30pm-4:15pm **NO CLASS**

Salt River High School

5:30pm-6:30pm Spinning® w/Rachel **30** 

24 12:05pm-12:50pm **NO CLASS** 

2:00pm-3:00pm Journey to Recovery's YOGA \*Private Class\*

> 5:30pm-6:30pm **NO CLASS**



Salt River Fitness CLOSED Christmas Day

26 Salt River Fitness CLOSED

Tribal Office Closed



January 2, 2015

**NO GROUP EXERCISE** 

29

**NO GROUP EXERCISE** CLAS

**NO GROUP EXERCISE CLAS** 

**NO GROUP EXERCISE** CLAS

**HAPPY NEW YEAR** 

January 1, 2015

## **Class Descriptions:**

<u>BASIC YOGA:</u> The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life.

**CORE/FUNCTIONAL TRAINING:** The focus will be on the upper and lower abs, oblique, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. All levels of fitness.



HIIT (High Intensity Interval Training): This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

**IRON FLOW YOGA:** This class will take you through yoga poses while incorporating the uses of light hand-weights. A slow, flowing workout done to relaxing music. The result: The yoga yields a stronger lower body, greater flexibility, straighter posture, and reduced stress. And the dumbbells add knockout arms, shoulders, and back; increased upper-body strength; and stronger bones. Dumbbells used are from 3 – 5 lbs. Followed by 5-10 minutes of relaxation and meditation

STEP & PUMP: A class that combines basic step choreography and resistance training utilizing barbells & other weighted or resistance equipment set in a

circuit/interval setting.

<u>SENIOR DANCE CLASS 55+:</u> Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. This class is intended for individuals

<u>SPINNING®:</u> Spinning® workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories. We have 9 bikes available. FIRST COM FIRST SERVES! NO RESERVING BIKE. Remember to bring water bottle and towel for workouts! All spinning classes welcome the beginner to advance riders. \*We encourage a base of cardiovascular exercise of 3 month prior to starting in a spinning class.

**SPINNING® & ABS:** workout for 40 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories and will be followed by abdominal exercises.

TOTAL BODY CONDITIONING (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. \*Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. Moderate to High intensity

YS EEP MOUSERCISE: Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.

**ZUMBA**®: Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. All levels of fitness.



## SALT RIVER HIGH SCHOOL'S GROUP EXERCISE CLASSES:

Classes are provide by Diabetes Program's SR Fitness Center Group Exercise Instructors for Community Member/Residents/Tribal & Enterprise Employees and students. All classes are suitable for all levels of fitness.

ABS, GLUTS & THIGHS: In this class you will conditions your lower body and abdominals with variety of exercise utilizing body weight, resistance bands, and dumbbells to lift and strengthen your core and lower body muscles.

<u>CARDIO KICKBOXING:</u> This class is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. Followed by 5-10 minutes abdominal exercise.

<u>CARDIO MIX:</u> An exciting and challenging combination of low/high aerobics or Cardio Kickboxing, Zumba® or Step Aerobics and may be followed by sculpting/strength training total body & core (bodyweight or with weights).

<u>CIRCUIT TRAINING:</u> This challenging class provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations may include body weight exercises, weights, bars, step, resistance band/tubing, etc. All levels of fitness.

HIIT (High Intensity Interval Training): This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

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Fitness Center maybe CLOSED & Group Exercise Classes may be canceled due to designed tribal holidays, program events, shortage of staff, mandatory staff meetings, etc.

